

# The Importance of a Point



# Purpose

The purpose of this presentation is to show the importance of one point in volleyball. This will be done by comparing the :

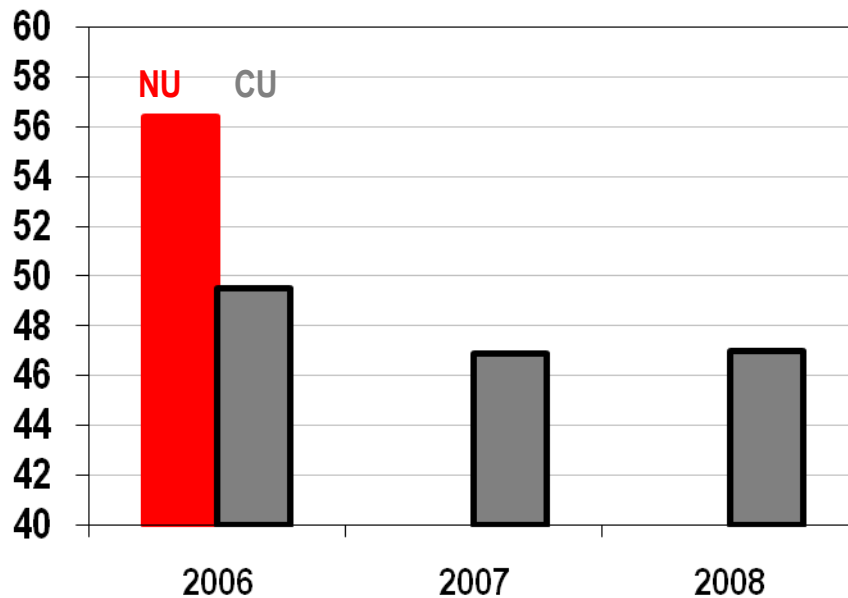
- Percentage of points won for teams at different levels.
- Number of points played in matches and sets.
- Margin of points by which a set is won.

# Points Won in 2006

## CU 2006 through 2008 vs. NU 2006

**Percentage of Points Won  
in Big 12 Matches**

Percent



Source: CUBuffs.com and www.huskers.com

In 2006 Nebraska won the Big 12

Their record was:

19-1 matches .950

59-7 sets .894

1927-1490 points .564

In 2006 CU finished 5<sup>th</sup> in the Big 12

Their record was:

12-8 matches .600

43-38 sets .531

2063-2107 points .495

The Big 12 is one of the elite conferences in volleyball. In 2006, CU had a winning record and finished fifth, yet they won less than half the points played in their Big 12 matches.

In 2007 and 2008, CU won about 47% of the points played in Big 12 matches, only a few percentage points less than NU.

# Key Points

## 2006 Season CU vs. NU

In the 2006 season, Nebraska won 56.4% of its points and 89.4% of its sets in conference play. Nebraska played a total of 3,417 points. It lost 7 sets in conference play. Three of those were in the loss to Colorado.

Colorado won only 49.5% of its points and 53.1% of its sets in conference play. Colorado played a total of 4,170 points, or 753 more than Nebraska.

Despite the difference in points played and points won, Colorado defeated Nebraska at home that season 3-2. CU won 46.2% of the points played in that match. This was the only match Nebraska lost that season.

The difference in percentage of points won for the Nebraska and Colorado was 6.9%. Another way to look at this is that for every 100 points played, Nebraska wins 7 more points than Colorado.

This raises the question, "What can you do to win 7 more points out of each 100 points played?"

# Key Points

## 2006 Season CU defeats Nebraska

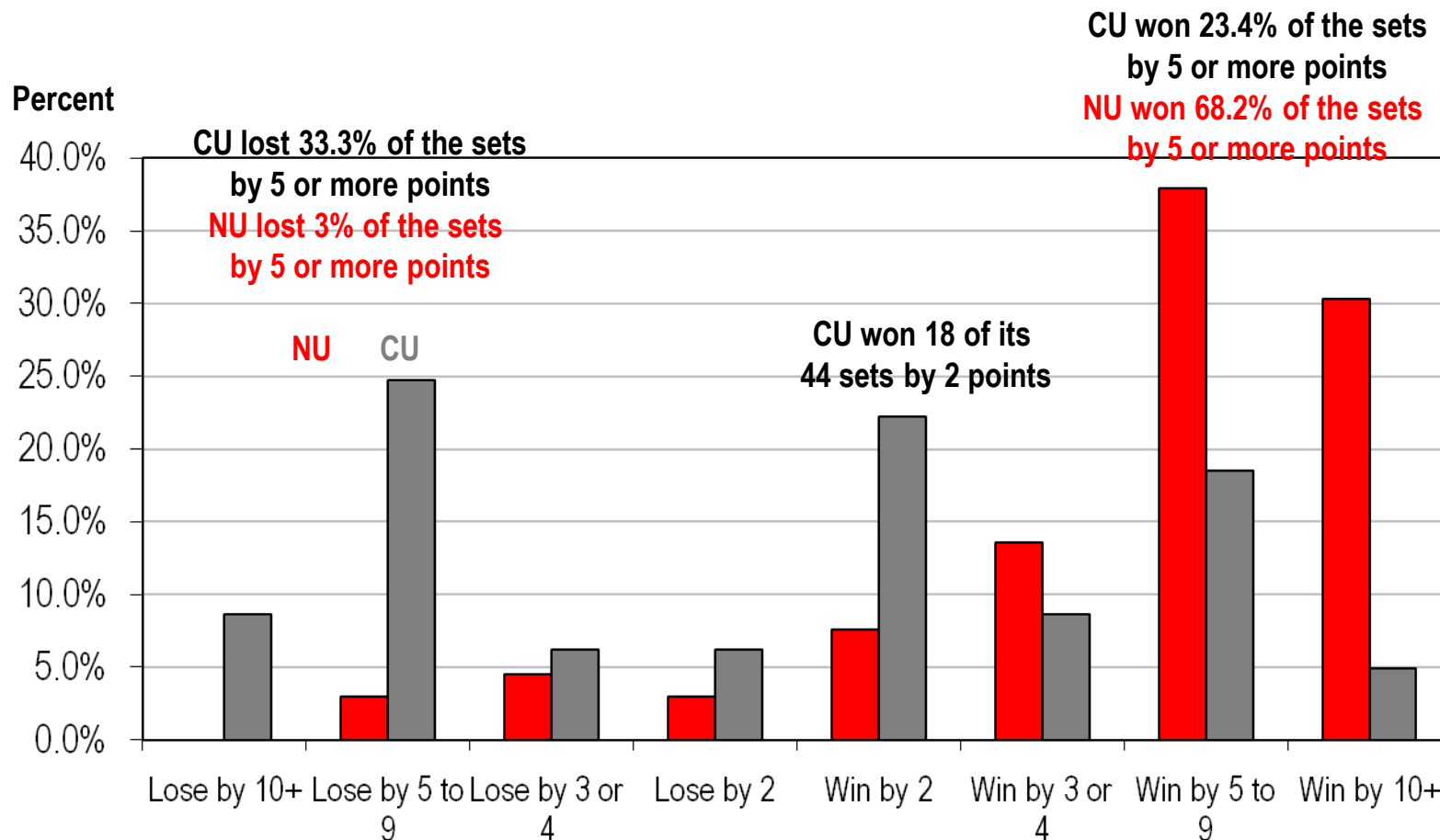
In the 2006 season, Nebraska was the conference champion, 19-1. There one loss was to Colorado, the fifth place finisher in the conference. Nebraska later went on to win the 2006 NCAA National Championships.

In their first match, at Lincoln, Nebraska won 3-0 (30-27, 30-18, 30-21). CU won 66 points (42.3%) and lost 90.

Colorado defeated Nebraska at home that season 3-2 (19-30, 30-28, 15-30, 30-27, 15-12). CU won 109 points (46.2%) and lost 127.

In the second match, the percentage of points won by CU increased from 42.% to 46.2% or 3.9 percentage points. The difference between winning and losing is very subtle. CU found a way to win a slightly higher percentage of points and they won critical points in the second match.

# Margin of Wins 2006 Big 12 Season Sets Played CU and Nebraska



Source: CUBuffs.com and www.huskers.com

# Key Points

## Margin of Wins – Decisive and Blow-out Wins

Blowouts – A set decided by 10 points or more is a blow out.

- 30.3% of Nebraska's wins were blow outs; they were blown out 0% of the time. The differential is 30.3%.
- 4.9% of Colorado's wins were blow outs; they were blown out 8.6% of the time. The differential is -3.7%.

Decisive wins – A set won by 5 to 9 points is a decisive win.

- 37.9% of Nebraska's wins were decisive; they lost decisive sets 3.0% of the time. The differential is 34.9%.
- 18.5% of Colorado's wins were decisive; they lost decisive sets 24.7% of the time. The differential is -6.2%.

Decisive and blowout wins.

- Nebraska 68.2% won 3.0% lost; differential 65.2%.
- Colorado 23.4% won 33.3% lost; differential -9.9%.

# Key Points

## Margin of Wins – Competitive and Close Wins

Competitive wins – A set decided by 3 or 4 points or more is a competitive set.

- 13.6% of Nebraska's wins were competitive; 4.5% of their losses were competitive. The differential is 9.1%.
- 8.6% of Colorado's wins were competitive; 6.2% of their losses were competitive. The differential is 2.4%.

Close wins – A set won by 2 points is a close win.

- 7.6% of Nebraska's wins were close; they lost close sets 3.0% of the time. The differential is 4.6%.
- 22.2% of Colorado's wins were close; they lost close sets 6.0% of the time. The differential is 16.2%.

Competitive and close wins.

- Nebraska 21.2% won 7.5% lost; differential 13.7%.
- Colorado 30.8% won 12.2% lost; differential 18.6%.



# Key Points

## Margin of Wins – Lessons Learned

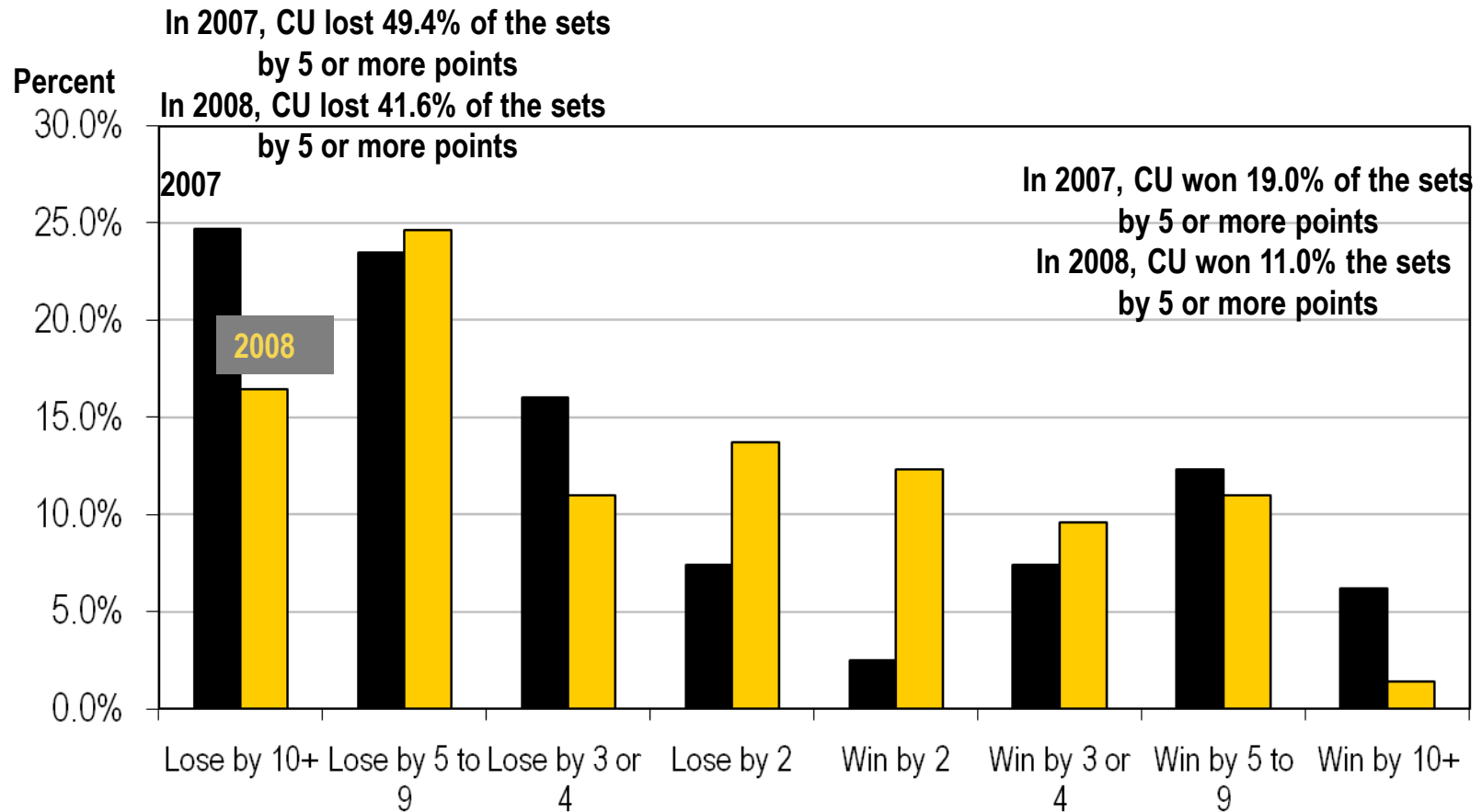
From a spectator's perspective the 2006 CU season was extremely exciting because of all the close sets and matches. A majority of their wins were close wins. The team is to be commended for their competitiveness, drive and persistence!

During the 2006 Big 12 Conference season, Nebraska won 6.9% more points than Colorado (56.4% vs. 49.5%) – 7 points out of 100. As a result Nebraska accomplished the following:

- Had a higher percentage of blowouts and decisive wins.
- Played 753 fewer points.
  - This reduces the chance of upsets or close or competitive games (such as the loss to Colorado). At a high level of competition, any team can beat another team on a given day.
  - Less time on the court reduces chances of injury.
  - Less time on the court allows a team to stay mentally, physically, and tactically sharp for the entire season.

# CU Margin of Wins

## 2007 and 2008 Seasons



Source: CUBuffs.com.

# CU Summary of Points Won 2007 and 2008

In 2007 CU finished 11<sup>th</sup> in the Big 12

- 1-19 matches .050
- 23-58 sets .284
- 1912-2166 points .469

In 2008 CU finished 9<sup>th</sup> in the Big 12

- 7-13 matches .350
- 25-48 sets .342
- 1512-1707 points .495

Close matches in 2008

- 19 of the 73 sets (26.0%) were decided by 2 points; CU was 9-10 in these sets
- 9 of the 25 sets won by CU (36%) were by 2 points
- 10 of the 38 sets lost by CU (26.3%) were by 2 points

Matches decided by 5 points or more in 2008

- 39 of the 73 sets (53.4%) were won by 5+ points; CU was 9-30 in these sets
- 9 of the 25 sets won by CU (36%) were by 5+ points
- 30 of the 48 sets lost by CU (62.5%) were by 5+ points

# Key Points

## 2006, 2007, and 2008

The difference in percentage of points won between the 2006 and subsequent two seasons is small, 2.5% and 2.6% fewer points in the latter seasons; however, it meant the difference between 5<sup>th</sup> (2006) and 11<sup>th</sup> (2007) and 9<sup>th</sup> place (2008).

In 2006 CU finished 5<sup>th</sup> in the Big 12

- 12-8 matches .600
- 43-38 sets .531; sets lost decisive or blowout .333
- 2063-2107 points .495

In 2007 CU finished 11<sup>th</sup> in the Big 12

- 1-19 matches .050
- 23-58 sets .284; sets lost decisive or blowout .494
- 1912-2166 points .469

In 2008 CU finished 9<sup>th</sup> in the Big 12

- 7-13 matches .350
- 25-48 sets .368; sets lost decisive or blowout .416
- 1512-1707 points .470

Winning key points is critical! Staying in the match long enough to play key points is even more critical.

# Point Management

## All Points are Important!

Some points are more important

- The first point of a match (and any time the score is tied) is important because it sets the tone. It puts you ahead. Win it every time!
- When you have a one point advantage, win the next point! You will maintain the lead (or close out the set). This makes a statement to your opponent that they are not quite good enough to beat you.
- When your opponent has a one point advantage, win the next point! You will make the statement to your opponent that they aren't good enough to put you away.

Manage the points within a match

- Over the course of a season, and in a competitive match, a team will win about half the points played. Successful teams win because they more effectively manage their mistakes.
- Never let your opponent win two points in a row (particularly with unforced errors) – this breaks their spirit and the mathematics work in your favor . Similarly, winning consecutive points is a good thing.
- Make your opponent win the point with a good shot – minimize unforced errors.
- Playing with intelligence and discipline is not the same as playing conservatively.
- Try your hardest at all times and the winning takes care of itself, eliminate blowout and decisive losses.

# Ways to Win More Points

- Better overall physical conditioning
- Emphasis on sport-specific strength, speed, flexibility, and agility training
- Attention to mental conditioning
- Management of tactics – there is a purpose on every point
- Improved skill level of existing players
- Use of periodization or comparable methods for managing performance
- Diet and sleep
- Introduce new and upgraded talent to the team
- Luck (line calls, officiating errors net cord balls, etc.)
- Intimidation – A dominant team will win more points as a result of an increase in forced errors by other team